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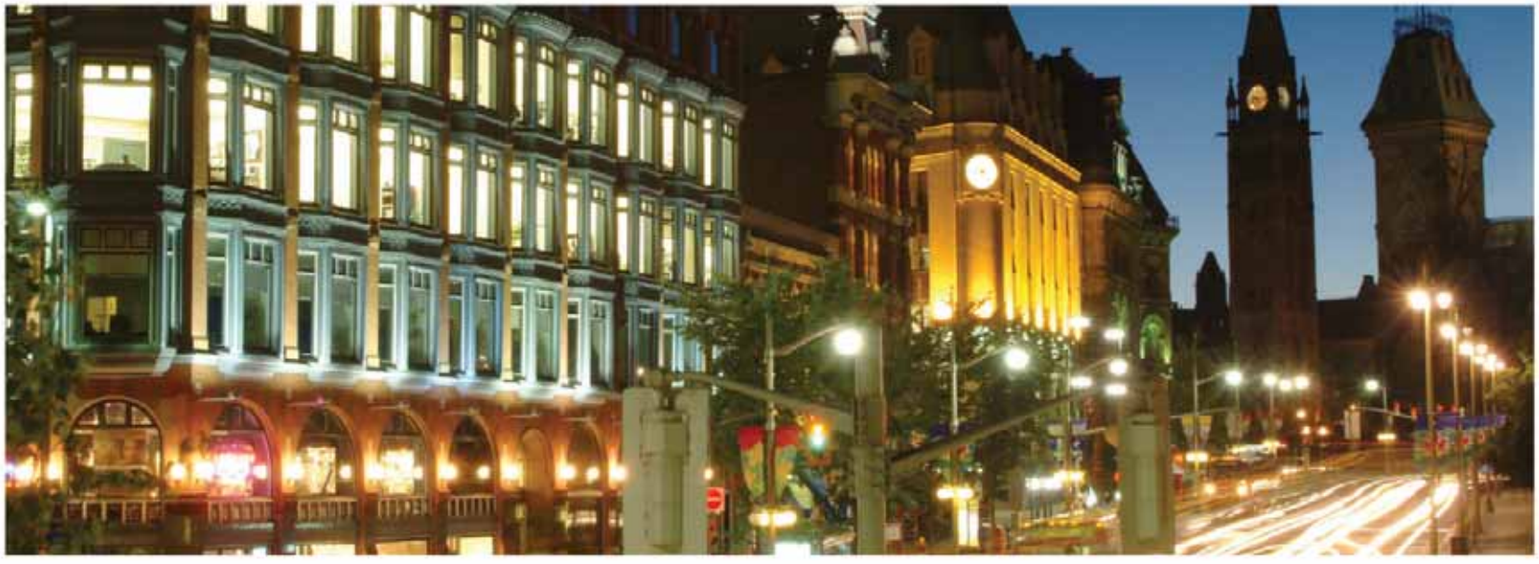

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## RED GREEN ON RELATIONSHIPS

THE MAN IN SUSPENDERS OFFERS A BEGINNER'S GUIDE TO WOMEN (FOR MEN WHO DON'T READ INSTRUCTIONS), SET FOR RELEASE SEPT. 17 PAGE 13

## A diplomatic solution?

Syria welcomed a suggestion to move all of the country's chemical weapons under international control PAGE 8

## Being a homeless LGBTQ youth

Ottawa rights activists are concerned about the treatment of LGBTQ youth in the city's homeless shelters PAGE 3

## LITTLE FIGHTERS, BIG BATTLE

**Matteo Filoso, 5, left, and his two-year-old brother Nicco share an unfortunate common bond — cancer. Just as their family was celebrating Matteo's victory over bladder cancer, Nicco was diagnosed with leukemia. A friend of the family has set up a crowd-funding campaign to help the family deal with medical and other related costs. Story, page 4.** CONTRIBUTED

# 'She was scared, shaking, and she looked like white'

**Teen-pimp trial.** A john recounts encounters with alleged teen victims

The trial of three teenage girls accused of forcing girls as young as 13 into prostitution resumed Monday with testimony from a john who said he paid for sexual favours with some of the alleged victims.

The trial, which started in April and lasted four weeks, has been on hold for more than four months.

Fazel Popal, 41, testified Monday that he agreed to meet with an escort that was arranged by the so-called ringleader of the three co-accused in spring of 2012.

None of the accused or the alleged victims can be identified by law. All three accused have pleaded not guilty to all charges laid against them, which include human trafficking, forcible confinement, sexual assault, abduction, and procuring for prostitution.

They were 15, 15, and 16 when they were allegedly running the prostitution ring. The Crown accuses the girls of using violence and social media to recruit other teens into prostitution.

Popal, a taxi driver, said he met one accused, who was 15 at the time, on the job and they exchanged text messages with each other. The exchange led him to pick up an alleged victim one day from an Esso gas station in the city's east end.

According to the Crown, the victim was a 16-year-old girl at the time. Popal testified she told him she was 19.

Popal explained to the court he drove the girl with two of the accused and a fourth girl to his friend's apartment, where the alleged victim performed oral sex on him. In exchange he said he paid the alleged ringleader between $50 and $70.

Popal said that a few days later he met with a second alleged victim, who was actually 13 at the time and she looked visibly scared and nervous, he said.

She refused to have sex with Popal and instead offered him $20 to appease him.

"She was scared, shaking, and she looked like white," he said. He recalled her saying, "I'm not that type of girl. I've been forced to do this."

Popal testified he offered to bring her to the police, but she apparently refused because her alleged captors had her purse and cellphone. Popal said he had his friend bring her back to the accused.

He told the court he met with the so-called ringleader seven to 10 times last spring and met with another accused, who was also 15 at the time, about three or four times.

In cross-examination, Popal agreed with one of the girl's lawyers that during the meeting with the first alleged victim he didn't hear anyone threaten her or see anyone push her into his car.

The court also heard from an alleged victim who was 15 at the time when the second accused attempted to recruit her on Facebook.

Messages exchanged between the two on the social networking site between Jan. 12, 2012, and April 9, 2012, were shown in court. The messages show the second accused tried to get the victim to agree to give a man who had a foot fetish a foot massage.

The alleged victim appeared to show some interest in the business the accused were running, but she said in a videotaped interview with Det. Kelly Lyle she never went through with anything.

After the first two arrests in the case were reported by the media in June 2012, the alleged victim said she realized they were connected to the accused who are now on trial. "I didn't know it was bad until I heard it on the news," she said.

The trial will resume Tuesday.

JOE LOFARO/METRO

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# Shelter system ill-equipped to deal with LGBTQ youth

**Action needed.** While about 25 to 40 per cent of street youth identify as LGBTQ not enough is being done to address their needs, say experts

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Homeless youth from the lesbian, gay, bisexual, transgender and queer (LGBTQ) community face dangers in city shelters and are a larger issue than Ottawa charities think, said rights activists and experts Monday.

"We hear regular reports of people being physically and sexually assaulted," said Jeremy Dias, founder of gay-rights non-profit Jer's Vision.

"Their workers aren't aware of LGBTQ issues," he added of shelter staff. "Many youth just choose to avoid the system. It's not difficult to make the shelter system safer for the LGBTQ community."

Roughly 25 to 40 per cent of kids on the street identify as LGBTQ, but in a new study at York University, PhD candidate Alex Abramovich, says the numbers are underreported. "We have reason to believe that number is much higher," he said, citing the fall release of his study Young, Queer and Trans, Homeless, and Besieged.

Many youth don't report incidents in the system, and shelters don't keep numbers on how many LGBTQ community members they serve, he said, adding that family conflict is the No. 1 reason many of these youth end up on the street.

"We don't keep stats on that. If we were dealing with a large number, we might have some special programming," Ottawa Mission media and community relations manager Shirley Roy said of LGBTQ community members in the system. "We do see cases of people identifying as a woman, but under shelter regulations we would send them to a women's shelter."

Trans youth are amongst the most discriminated against group in the shelter system, said Abramovich, adding that "if you're not collecting data on a certain group of people, then they don't exist."

He advocates transitional housing exclusively for the community and mandatory training for shelter staff in working with people from the LGBTQ community.

## Blaze rips through heritage building on Stittsville's Main Street

Fire crews are seen outside a fire-ravaged building on Stittsville's Main Street Monday. The heritage building was home to a restaurant, a dental office and apartments. Ottawa Fire Services said in a news release that off-duty firefighters noticed smoke coming from the structure at 1518 Main St. and called fire dispatch via 911. While nearby fire stations responded the off-duty firefighters helped evacuate one person who was still sleeping in an upstairs apartment and helped clear out the dental office and the Nola French Quarter Eatery located on the main floor. Damages from the blaze are estimated at $400,000 to the structure and $90,000 to contents, fire officials said. There were no reported injuries. Police closed the street to traffic for much of the day due to the blaze. BERNIE HORTON/FOR METRO

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Nino Filoso and Lisa Garland pose with their sons Matteo, 5, left, and Nicco, 2. CONTRIBUTED

# Family hit twice by cancer finds allies on Internet and TV

**Leukemia.** Family's plea for funds online draws attention of The Crowd Funder Show

STEVE COLLINS
ottawa@metronews.ca

A young Ottawa family hit twice by cancer hopes to get a financial boost from a crowd-funding campaign and a new show that highlights such Internet fundraisers on TV.

Lisa Garland's son Matteo, 5, had just emerged from a three-and-a-half-year fight with bladder cancer in July when his two-year-old brother Nicco was diagnosed with leukemia. They have bigger things to worry about than money, but expenses keep piling up, from hospital parking onward.

"You're just in fight mode," Lisa said. "Everything's Visa, Visa, Visa, and you just do what you gotta do. The other kids are at home and they're getting takeout or whatever, and you pay for sitters and all these unexpected costs."

A friend helped her start up a crowd-funding campaign to seek donations online, and her story caught the attention of The Crowd Funder Show, which profiles crowd-funding campaigns and offers donors gift certificates equal to their contribution.

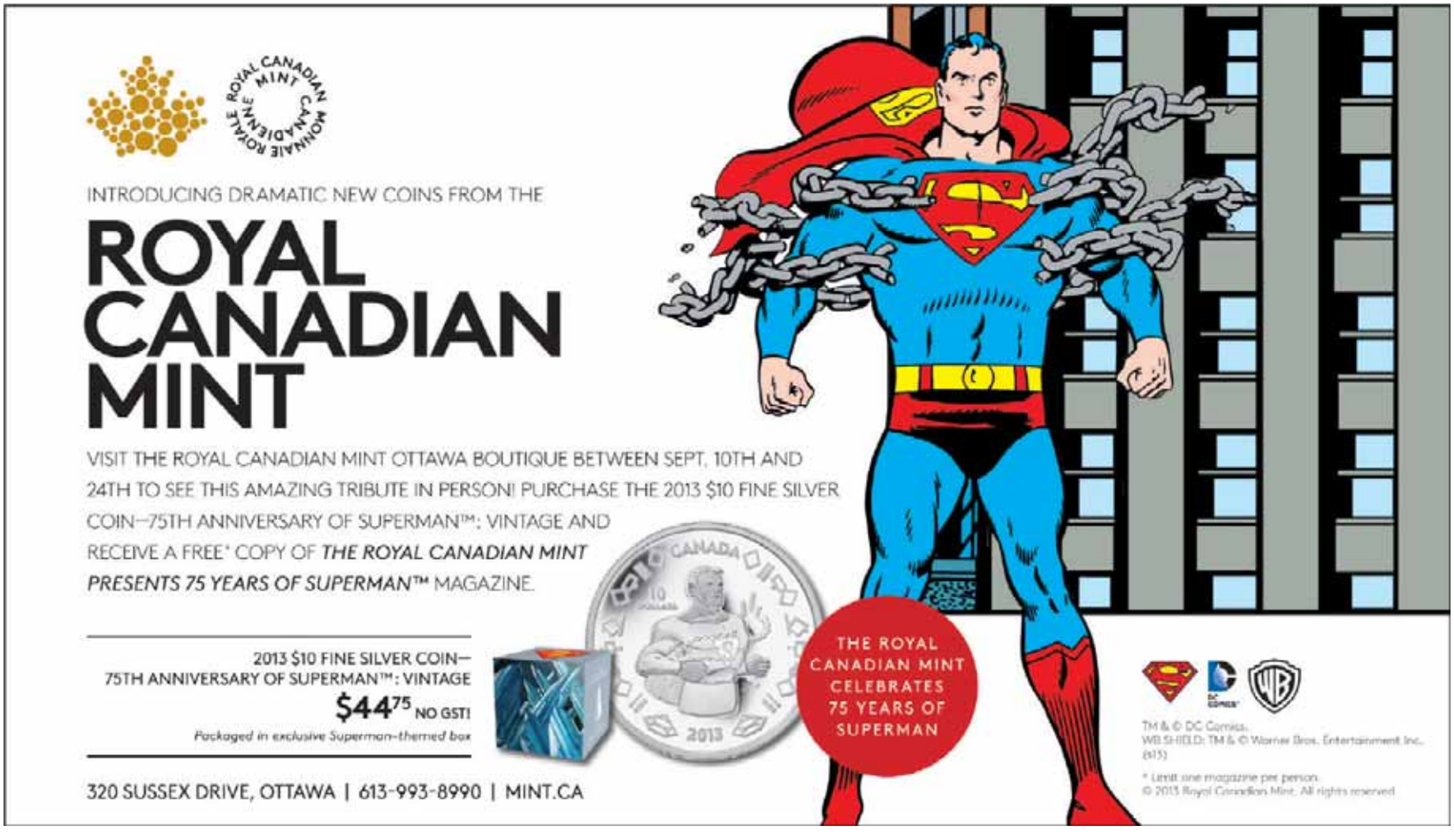
"We think it's a strong component of human nature to feel good about helping others," said Jordan Whelan, the show's creator. "I had stumbled across Lisa's campaign and obviously was kind of heavy-hearted reading about it."

The Crowd Funder Show premieres Sept. 22 on Fox affiliate WUTV in Buffalo.

**Actual return**

**The campaign has a goal of $45,000, but if that target's hit, mother Lisa Garland said only $15,000 will actually go to the family.**

- The Crowd Funder Show creator Jordan Whelan explained that the show's production overhead drives up the cost of the campaign but also increases its potential reach.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# Linking teacher pay to student marks a 'crazy idea': Union

**Education.** Fraser Institute report also called for rigorous screening exams and ongoing recertification

GRAHAM LANKTREE
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A report that says teachers' pay should be linked to student performance was called a "crazy idea that won't work" by the Ottawa elementary school teachers union on Monday.

"Any time there has been any attempt at this it has failed," said Peter Giuliani, president of the Ottawa-Carleton Elementary Teachers' Federation, adding that where the scheme was taken up in the U.S. it is no longer in action.

Right now teacher pay is linked to two variables: their level of post-secondary education and years of teaching experience. As a base, their pay increases at a steady two per cent annually. Yet the report Obtaining Better Teachers for Canadian Public Schools, issued by the Fraser Institute on Sept. 9, suggests there is a better way.

"The way teachers are educated, certified, hired, and tenured in Canada should be changed to recognize and reward excellence," said Rodney Clifton, emeritus professor at the University of Manitoba and author of the report. "Those without the necessary passion and skills should be encouraged to leave the profession."

What really affects performance are things such as the socioeconomic status of students, a teacher's time-management skills, time focused on the work in class, and relevance of homework to in-class activities, the report says.

"The best teachers are able to impart a year-and-a-half's worth of material to students in one academic year," the report says. "While the bottom 15 to 25 per cent are only able to impart half a year of material to similar students."

The report also advocates making teachers pass rigorous screening exams before being taken on by school boards and requiring recertification every seven years.

Yet the report's own evidence shows similar schemes have only seen "moderate improvements" from students and "have been quite expensive to administer."

"The thing is that this has huge populist appeal. How could you be against it?" said Giuliani.

"As a concept, of course you would, but when you start measuring it, the amount of testing and exact measuring you would have to do to set it up is time taken away from teaching."

## Setting their sights on 21 really big ones

**Daniel Jean, left, deputy minister of Canadian Heritage and national chair of the 2013 Government of Canada Workplace Charitable Campaign, appears at a rally at Rideau Hall on Monday, along with this year's campaign cabinet. They unveiled a goal to raise $21 million for charities that include Healthpartners/Partenairesanté, United Way/Centraide and others.** CONTRIBUTED

**ByWard Market**

## SIU won't look into violent arrest

The Special Investigations Unit says it's not investigating a Friday-night incident in the ByWard Market in which a police officer was recorded repeatedly punching a suspect who was held down by another officer.

The SIU investigates police involvement in civilian deaths, serious injuries or sexual assaults. An agency spokesperson said Ottawa police told their investigators nobody had been seriously injured.

Police arrested Balkaran Bajwa and Gohar Ali, both 21, after an altercation outside Tequila Jacks on Clarence Street. Bajwa is charged with causing a disturbance, assaulting a police officer, uttering threats and resisting arrest. Ali faces charges of causing a disturbance, assault with a weapon and obstructing a police officer.

The Ottawa Police Professional Standards Section is reviewing the video, which was posted online.

STEVE COLLINS/FOR METRO

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# Crown calls for harshest penalty since execution

Travis Baumgartner admitted to carrying out multiple homicides in his bid to steal hundreds of thousands of dollars. JONATHAN HAYWARD/THE CANADIAN PRESS

## No parole for 40 years.
### Ex-guard pleads guilty to killing three co-workers, attempting to kill fourth

Prosecutors say a former armoured-car guard who admits he gunned down four of his colleagues should get life in prison with no chance of parole for 40 years.

Such a penalty would be the first under a federal law enacted in 2011 that allows for consecutive sentences in multiple-murder cases.

Travis Baumgartner pleaded guilty Monday to one count of first-degree murder and two counts of second-degree murder in a plea bargain. He also admitted to attempted murder in the serious wounding of a fourth guard.

The Crown says there were many aggravating factors in the crime, including a betrayal of trust and the fact that Baumgartner "did it all for money."

The prosecution pointed out that it would be the harshest penalty in Canada since the last execution in 1962.

Baumgartner methodically shot his fellow guards in the head as they reloaded ATMs in June 2012.

A statement of facts entered in court said Baumgartner shot three of the guards as they had their backs to him, then returned to the waiting armoured truck and shot a fourth co-worker.

Court heard that Baumgartner owed family and friends money and had just bought a new truck.

"At least I don't have to pay for the truck anymore," he told an undercover police officer after his arrest. "No bills for me."

Search warrants revealed that his mother told officers she woke up the morning of the shooting to find $64,000 in cash in her home.

THE CANADIAN PRESS

## Jeffrey Baldwin. Death of child a surreal horror story

Jeffrey Baldwin CONTRIBUTED

The first emergency crews to find the body of a boy so skeletal he looked like a starving child are still deeply disturbed by the sight more than 10 years later, a coroner's inquest heard Monday.

But the boy's grandmother, his primary caregiver who had summoned them to the home with a nonchalant 911 call, treated his death as an annoyance, a pair of first responders told the inquest into Jeffrey Baldwin's death.

Four years after his grandparents got custody of Jeffrey and his three siblings, he died from complications of chronic starvation.

Elva Bottineau and Norman Kidman have already been convicted of second-degree murder. The coroner's inquest is exploring systemic issues.

The inquest heard a recording of the 911 call Bottineau placed.

"Apparently my grandson is not breathing right now," she says. THE CANADIAN PRESS

Long-term care

## Group says mice found nibbling on patient's face

A health-care advocacy group says a dementia patient at a long-term-care home in Alberta is recovering after a staff member found mice nibbling at her face.

Friends of Medicare says it happened at St. Therese Villa in Lethbridge on Sept. 1.

"The lady was in fact bitten and now she's been medically treated for that," said Sandra Azocar, executive director of Friends of Medicare.

"I'm completely horrified. I think it's beyond words."

Staff first complained about mice about a year ago, Azocar said. She added the care centre also has had a bedbug infestation for months. THE CANADIAN PRESS

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# ‘Politics in Russia was finally born’

**Moscow mayoral election.** Despite losing, opposition leader describes outcome as a victory

Opposition leader Alexei Navalny on Monday night defused anger over the Moscow mayoral election, telling a vast square of cheering supporters to celebrate his surprisingly strong second-place finish as a victory that gave rise to real political competition in Russia.

Navalny has claimed that Sunday’s vote was manipulated to give the Kremlin-appointed incumbent, Sergei Sobyanin, the slim majority he needed to win in the first round and avoid a runoff. Russia’s most respected election monitoring group also questioned the accuracy of the vote.

But rather than call for angry protests like those he led after the fraud-tainted 2011 national parliamentary election, Navalny urged his supporters to keep up the kind of grassroots political activism that helped him defy all expectations and win 27 per cent of the vote.

Sunday’s election was in some ways less about Sobyanin, who many agree has brought positive change to Moscow, and more about the depth of discontent with President Vladimir Putin, especially among the young and middle class. Navalny, 37, attracted thousands of enthusiastic volunteers.

“During these elections, politics in Russia was finally born,” Navalny told the crowd that filled Bolotnaya Square.

THE ASSOCIATED PRESS

Opposition leader Alexei Navalny SERGEI GRITS/THE ASSOCIATED PRESS

## Ethics 101. Saint Mary’s alumnus to return degrees

Daren Miller said he “worked his butt off” to obtain degrees in economics and finance from Saint Mary’s University.

But next Monday the Calgary chartered financial analyst plans to march onto the institution’s Halifax campus, turn over his two scrolls and demand his name be pulled from graduation records, in a show of solidarity against a pro-rape chant allegedly led by student representatives.

“My initial reaction was complete horror with the zeal of these young men and, even more shocking, that there were these young women in the video,” Miller said. “There has got to be a sea change — an institutional shift — and stepping down of the leadership to allow fresh, new, young, maritime blood to be able to come and figure out what’s going on.”

Miller is donating $20,000 — the inflation-adjusted amount of his Saint Mary’s scholarships — to the Walk a Mile in Her Shoes event in Banff.

He said if the culture at the school he called home between 1990 and 1995 improves, he would proudly display his accomplishments again.

A spokesperson reached via email did not indicate whether they would actually grant Miller his request to be removed from the records.

JEREMY NOLAIS/METRO IN CALGARY

## High time a record was broken

Mother giraffe Jang-Soon rubs her calf at the park in Yongin, South Korea. Officials at the park announced Monday that Jang-Soon gave birth to her 18th calf, what the park says is a new world record. The birth on Sunday came coincidentally on Jang-Soon’s 27th birthday.

SAMSUNG EVERLAND/THE ASSOCIATED PRESS

# Syria surprisingly agrees to surrender chemical weapons

**Taken with a grain of salt.** U.S. will consider proposal for peaceful solution but is still trying to sell Congress on taking military action

A possible diplomatic solution to avoid a U.S. military strike arose Monday when Syria swiftly welcomed a suggestion to move all of the country's chemical weapons under international control. President Barack Obama said the proposal could be a potential breakthrough but he remained skeptical that Syria would follow through.

The White House pressed ahead with efforts to persuade Congress to authorize a military strike, and Obama said the day's developments were doubtless due in part to the "credible possibility" of that action. U.S. officials insisted that Syrian President Bashar Assad's government must be held accountable for using chemical weapons regardless of what happens to its stocks.

But the diplomatic opening could provide Obama with a way out of a messy political and foreign-policy bind. It followed a remarkable chain of events that started with a suggestion from Secretary of State John Kerry, followed by a proposal from Russia and immediate endorsement by the UN secretary-general.

Obama told NBC News in an interview Monday that he's taking a statement from Damascus welcoming the idea "with a grain of salt initially." But he said he would "absolutely" halt a U.S. military strike if Syria's stockpiles were successfully secured.

"My objective here has always been to deal with a very specific problem," Obama said in an interview with ABC News. "If we can do that without a military strike, that is overwhelmingly my preference."

THE ASSOCIATED PRESS

In this frame grab from video taken Sunday and provided by CBS This Morning, Syrian President Bashar Assad responds to a question from journalist Charlie Rose during an interview in Damascus, Syria. In the interview broadcasted Monday on CBS, Assad threatened to retaliate for any military strike launched in response to the alleged chemical-weapons attack. THE ASSOCIATED PRESS

## Police. Estranged wife says George Zimmerman threatened her with a gun

George Zimmerman
GETTY IMAGES FILE

The estranged wife of a former neighbourhood watchman acquitted in the shooting death of a black teenager called police officers Monday, saying her husband threatened her and her father with a gun.

Shellie Zimmerman called police shortly after 2 p.m. Monday, said Police Chief Steve Bracknell. In the call, she said George Zimmerman punched her father in the nose, grabbed an iPad out of her hand and smashed it and threatened them both with a gun. THE ASSOCIATED PRESS

**Secret court motions**

### Facebook, Yahoo want to disclose data on FISA orders

Facebook and Yahoo asked a secret court Monday to allow them to disclose data on national security orders the companies have received under the Foreign Intelligence Surveillance Act.

THE ASSOCIATED PRESS

**Social media**

### Iran likes Facebook for its politicians, but not its citizens

Iran's curious world of online politics is a bit more crowded with members of President Hasan Rouhani's Cabinet encouraged to open their own Facebook pages — in a country where authorities try to block the public from social media.

THE ASSOCIATED PRESS

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# Hadfield touches down to launch new Ivey building

**London, Ont.** Business students benefit from some out-of-this-world advice as part of $110M complex's grand opening

SCOTT TAYLOR
Metro in London, Ont.

The astronaut who became a star instilled Western University business students with a message of hope tempered with reality on Monday.

"Prepare for the worst," urged Cmdr. Chris Hadfield, considered by some to be Canada's greatest gift to space since the Canadarm. Back on earth after more than five months at the helm of the International Space Station (ISS), Hadfield was invited to Western as part of the school's unveiling of the $110-million Richard Ivey Building.

Cmdr. Chris Hadfield takes the stage Monday at Western University, urging a crowd of business students to be prepared for anything that comes their way. ANGELA MULLINS/METRO

Hadfield noted how much the world has changed since the end of the Second World War, marvelling over the many "antagonistic countries" that worked together to build the ISS. "To think about that transition happening in less than a lifetime, of all of that hatred and misunderstanding and individual agendas, and now there's a mission control for the space station in Japan, one in Germany, one in Moscow, in Canada and the United States," he said.

**Richard Ivey Building stats**

- The Ivey Business School's new showpiece boasts three student lounges, 15 78-seat classrooms and five 50-seat classrooms. It also has enough exterior glass to cover 10 basketball courts.

## Kryptonian currency. Mint unveils Superman coins

Superman has received the Canadian royal treatment. The Royal Canadian Mint unveiled seven coins Monday, each depicting different moments in the superhero's history, in order to mark the character's 75th anniversary.

The coins also feature an engraved message reading "75 years of Superman" in the character's native language, Kryptonian. One of the coins depicts Superman flying above Metropolis with the famous Fortress of Solitude in the background.

The 14-karat gold coin sells for $750 and is supposed to be like the original design of Superman's Canadian co-creator, Joe Shuster. The other six coins have a price range from $29.75 to $129.75.

The designs include a 3-D hologram of Superman flying and an almost pure silver coin of Superman in his latest uniform. THE CANADIAN PRESS

Superman fan Norman Antonio wears a costume as he attends the unveiling of the Royal Canadian Mint's Superman commemorative coins in Toronto on Monday. MICHELLE SIU/THE CANADIAN PRESS

**Alcohol sales**

## If you let us sell booze, we'll build new stores: Mac's

Mac's Convenience Stores Inc. is promising to invest $54 million dollars to build 27 new convenience stores in Ontario if it is granted the right to sell alcohol in the province. The chain, owned by Alimentation Couche-Tard, made a pitch for selling booze to the Toronto Region Board of Trade on Monday.
THE CANADIAN PRESS

**Market Minute**

**DOLLAR** 96.40¢ (+0.33¢)

**TSX** 12,854.64 (+33.72)

**OIL** $109.52 US (-$1.01)

**GOLD** $1,386.70 US (+$0.20)

**Natural gas:** $3.61 US (+8¢)
**Dow Jones:** 15,063.12 (+140.62)

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- **September 25, 2013 at 4:00pm**

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**2013 Information Sessions**

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**HEALTHCARE** Thursday – September 12, 19, 26
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# DON'T FALL FOR ALL DIGITAL DEALS

SHE SAYS

**Jessica Napier**
metronews.ca

I'm a sucker for a daily deal. If you tempt me with 62 per cent off a spa package or discounted eyelash extensions, there's a pretty good chance I'll punch in my credit card information.

Today, there are more than 300 group-buying websites worldwide offering an infinite number of ways to help you look, feel, eat and live better for less. At the best of times, these e-commerce portals have a lot to offer both merchants and consumers, helping retailers bring in new customers and providing thrifty folk a great opportunity to try out local businesses on the cheap.

However, I'm starting to find that I'm racking up my Visa card with high expectations only to feel let down when these discounted experiences don't exactly pan out.

Admittedly, sometimes it's my own fault. Promotional emails usually show up in my inbox before my morning coffee has kicked in which leads to impulsive purchases without any consideration of when I'll use the coupon or whether I actually have any interest in the product on offer. I mean, how many gallery wrapped canvas prints does one person really need?

These spontaneous buys often result in a subpar user experience. Overlooking the imminent expiry date on your gym pass can make it impossible to attend enough classes to make it worthwhile. And forgetting to read the fine print means you'll probably gloss over some important restrictions, such as those details stipulating your coupon for a romantic dinner for two is actually only valid between 5 p.m. and 6 p.m. on Mondays.

I know when I'm to blame when it comes to not getting the most out of my discounted purchases. But what happens when you do everything right and still wind up disappointed?

Last Christmas, my boyfriend received a voucher to test drive exotic cars at a nearby race track. Unfortunately, after dozens of phone calls and emails sent to the company that was offering the deal, it became apparent that scheduling a spot for him behind the wheel wasn't going to happen.

And this certainly isn't the only case of an online coupon gone sour. I know plenty of people who have had similar experiences with local merchants abruptly closing up shop or making it so difficult to book appointments that buyers are forced to just give up altogether.

Most sites offer refunds or credit for defunct deals, with the onus on the individual buyer to follow up and demand their money back. That said, I'm still waiting to hear back from a couple of companies regarding my own unsatisfactory experiences and am learning to be much more cautious when it comes to these bargain buys.

Because sometimes those frugal finds really are too good to be true.

Follow Jessica Napier on Twitter @MetroSheSays

## ZOOM

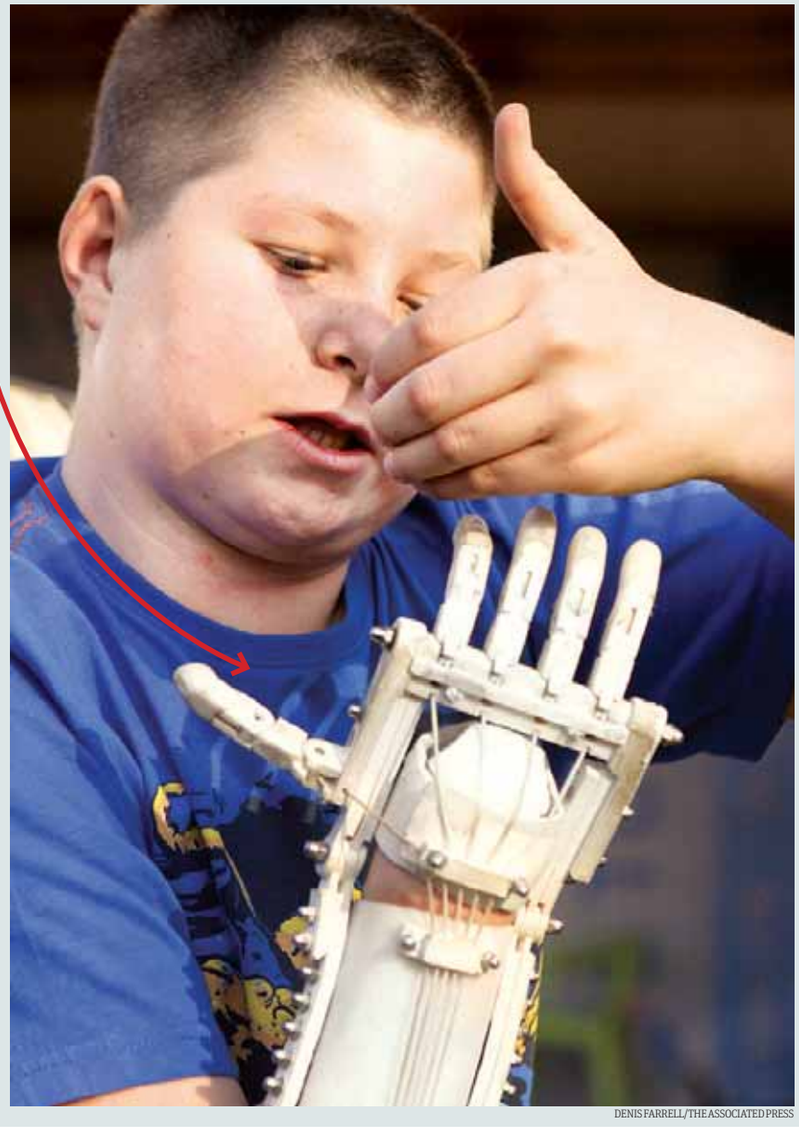
# Do you need a hand?

## 3D printing helps replace lost digits

Dylan Laas shows how his Robohand works.

Laas, who was born with Amniotic Band Syndrome, got his hand from South African carpenter Richard van As, who lost four fingers to a circular saw two years ago and started work on building the Robohand after seeing a video posted online of a mechanical hand made for a costume in a theatre production. Since then, van As has fitted Robohands on about 170 people, from toddlers to adults.

THE ASSOCIATED PRESS



DENIS FARRELL/THE ASSOCIATED PRESS

**The motivation**

**"After my accident, I was in pain ... Sometimes you have to chop fingers off to start thinking."**

Richard van As, Robohand creator

**The details**

- It's made from cables, screws, 3D printing and thermoplastic. It uses the rotation of a joint to enable five plastic digits to grasp.
- It costs $500 to make.

**Clickbait**

ANDREW FIFIELD
andrew.fifield@metronews.ca

**Bandcamp is an online music store that allows customers to buy music directly from the artists, usually for only a few bucks and with an added bonus of being able to preview albums in full. Here are some Canadian artists to check out.**

COURTESY BANDCAMP

**How Sad:**
Despite the weather trending toward the chilly, How Sad fits in perfectly with the two groups mentioned below as sunny day soundtracks while taking care of the synthpop side of things. Let's hope fall co-operates enough to provide us with a few nice afternoons to enjoy them with.
(howsad.bandcamp.com)

**Sean Nicolas Savage:**
An obnoxiously prolific Montrealer who is equally at home writing breezy summer ballads and electro oddities. Flamingo is about as pleasant as an album gets.
(seannicholassavage.bandcamp.com)

**Grounders:**
A beautifully handled collision of psychedelia, surf guitar and earworm pop, this Toronto band's debut EP is an absolute gimme.
(grounders.bandcamp.com)

**Twitter**

TODAY!

**@metropicks asked: Bitcoin kiosks that exchange cash for digital money will come to Canada. Will you be converting?**

**@Canucklehead_ca:** To bitcoins? No way — people should hold off for my 'Lincoins' kiosk which will dispense IOUs. (As good as money.) INVEST

**@BrookeBoser:** Anyone use these?

**@zimer77:** Too new and people will decide.... I will not convert!

**Follow @metropicks and take part in our daily poll.**

**WE WANT TO HEAR FROM YOU:**
Send us your comments: ottawaletters@metronews.ca

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# Researcher among the shy

**Salinger.** Armageddon and Avatar writer Shane Salerno took years to find the info he needed for doc about famous author

MATT PRIGGE
Metro World News in New York

J.D. Salinger, left, after the Normandy invasion with his fellow counterintelligence officers. THE ASSOCIATED PRESS

Like many who toil in Hollywood, Shane Salerno had a passion project on the side. While writing for NYPD Blue and getting credits on the likes of Armageddon (he's also James Cameron's co-writer on one of the Avatar sequels), Salerno laboured hard on a look into the unknown (or at least under-known) private life of the most famously private writer of all: J.D. Salinger. The fruits of his labours are now available, namely a documentary and a 700-page book, both called simply Salinger. (And for the record, his favourite Salinger works are the Nine Stories members A Perfect Day for Bananafish and For Esmé — With Love and Squalor.)

**Was this always intended to be a non-fiction project?**
Initially I wanted to make it as a feature with Daniel Day-Lewis playing Salinger. But I knew how fanatical he was about research. Over the course of all this research I realized it's a documentary. The people I needed to talk to were in their 80s and 90s — this had to go now. And I just started filing them. About six months into the documentary I realized there was no way this story could be told only as a two hour film. That's when the book became important.

**Do you view the movie as a gateway attraction for the book, which is bigger and more comprehensive than the two hour film?**
I view them as one combined project. They work independently of each other. The book has a ton of material the film doesn't have, and the film has a ton of things the book just can't do — specific cinematic things. The book is about his life and has an enormous amount on his work. The film is about his life with a psychological portrait of his work.

**Were some of the people hard to convince to take part?**
Sure. In the case of Jean Miller — this was a woman who was 14 when she met Salinger, 19 when their relationship ended, who had a hundred letters from him and had never told her story anywhere. Not only did she talk to us, she gave us all of Salinger's letters to her. They start in '49 and go all the way to 1954, when she's in college, and he's sending her telegrams saying can you come up this weekend? These letters provided this unprecedented look at Salinger.

Shane Salerno is finally enjoying the fruits of his labour. GETTY IMAGES

**Did Miller require a lot of coaxing?**
I wouldn't say coaxing. She wanted to make sure this was a serious endeavour, and one that would tell her story and Salinger's story honestly. She definitely put us through a hardcore vetting process.

**Ultimately how did you wind up convincing her?**
I think it was just time. At that point we were eight years in, seven years in, and she had seen the work. And remember if we wanted to do something cheap and exploitive we would have slapped this thing out in 2010, right after he passed away. We had a done film, ready to go when he passed away. There was a lot of pressure to do that. I just knew there was this other material. Because we waited we got things like the only photo of him writing during the war.

**Were there myths you wanted to debunk?**
That he was a recluse. There was nothing reclusive about J.D. Salinger. Howard Hughes was a recluse. Recluses don't call The New York Times and grant spontaneous interviews. They don't see a 17-year-old girl on the cover of The New York Times Magazine and want to meet her and pursue her. That's another contradiction — he took his picture off of The Catcher in the Rye. That's what I was most interested in — those contradictions.

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# Playing second fiddle to a moustache

**Nick Offerman.**
Multi-talented everyman talks his new book and famous facial hair

LISA WEIDENFELD
Metro World News in New York

Nick Offerman may be best known for playing the stone-faced, government-hating Ron Swanson on NBC's Parks and Recreation, but he's also an accomplished comedian and stage actor (not to mention woodworker). He's currently on tour with his wife Megan Mullally, and her band, but took some time off to talk to Metro about his show, his new book and his most famous co-star — his 'stache.

**What can people expect when they come to see you?**
Some cautionary tales. There's a lot of gum-flapping. Some mediocre songs. Some woodworking tips. And some minor nudity.

**Minor nudity! Sounds like an exciting show.**
Well, you gotta get asses in the seats.

**Do you perform with Megan's band at all?**
They open with a handful of songs and then I do my bit and then, just when I'm losing the audience and people are beginning to nod off or finger their parking stubs longingly, the band comes out and we wrap the evening up with a couple songs together.

**In almost every interview a question comes up about your moustache. Why is the American public so fascinated by it?**
It's inexplicable. I am lucky enough to be literally riding the coattails of my moustache and I have the good sense to keep my mouth shut and stand behind it, try to look polite.
**Let the moustache do the talking?**
Yeah. Soon after Parks and Rec came on the air, my moustache was signed by CAA and there's a whole set of rules. I'm not allowed to make eye contact with it and it doesn't return my calls. I have to get hold of its representation if I want to talk about trimming or any sort of grooming.
**Do you think it's been ruined by fame or is it the same moustache it always was?**
That's a very good question, but I can't really speak to it right now, if you get my drift. There's someone in the car with me that might want to follow up.

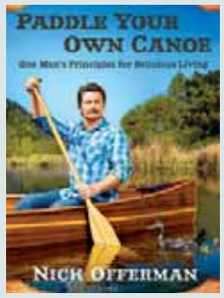
**Is the canoe on the cover of the book one you crafted?**
It is, yeah. That's my first canoe and her name is Huckleberry and she has treated me very well.

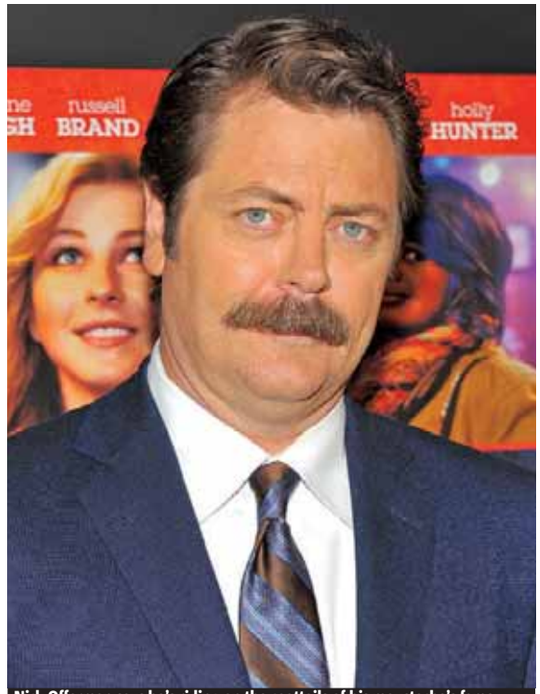
**As Parks and Rec heads into its sixth season, how do you keep Ron Swanson fresh?**
Well, to be honest, I'm such a lucky bastard that I don't have to try very hard because I have a team of brilliant writers who keep Ron fresh. They go above and beyond … and provide us with new stories and new avenues to pursue so that the audience doesn't get sick of the same old personality traits. I just mold my face into a constipated rictus and do my best to deliver the dialogue.

**New book**

**Who would you say is the ideal audience for your upcoming book, Paddle Your Own Canoe?**

- **I guess human beings.** I think men will really enjoy the book from the point of view of a jackass man like myself.



Nick Offerman says he's riding on the coattails of his moustache's fame.
GETTY IMAGES

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# Tumblr joke turned web phenom turned book

**Texts From Bennett.**
Kansas City hip hop artist's texts from his cousin are making him a small fortune

ALEXANDRA CAVALLO
Metro World News in New York

Two years ago, an ingeniously simple Tumblr featuring the copy-and-pasted text messages of a "17-year-old white boy who thinks he's a Crip, works at Amoco, has a girlfriend named Mercedes, and is one of the most unintentionally funny and brilliant souls on the planet" almost broke the Internet, so rapid and immense was its popularity and reach.

If you don't know what we're talking about, we can only assume you were hanging out under a very large rock during late 2011, because Texts From Bennett just might be one of the defining Internet memes of our time.

The Tumblr, which instantly whipped the world wide web into a frenzy of delight, horror and speculation as to whether or not Bennett was a fake, turned out to be the creation of Kansas City rapper Mac Lethal (a.k.a David Shelton) who felt that his wannabe gangster cousin Bennett's loveably crass and mostly inane texts were too good not to share with the world. Now, Lethal has turned the popular Tumblr into a novel. We checked in with the rapper/author in between stops on his Texts From Bennett Tour, during which he'll be signing copies of the new book and performing live.

Kansas City rapper Mac Lethal.
CONTRIBUTED

**When you first started Texts From Bennett, did you have any idea it was going to be such an insane phenomenon?**
I had no idea it would be this huge. The world wasn't ready for a 17-year-old Crip with the inability to speak coherent English.

**How did you get the idea to start the Tumblr?**
I needed a place to collect the screenshots because my phones kept breaking and losing them all, so I started it with no intention of it ever being big.

**What's the book about — is it just a collection of his texts or is it more of a narrative?**
It's a single narrative about Bennett and his mom, my Aunt Lillian, coming to live with me for a summer.

**What's Bennett like in real life?**
Gentle. Tattooed. Surprisingly supportive in all aspects of life. He's the type of kid who would rather come along for the ride to something you were doing, and be happy for your good experience, than try to impose his own experiences on you. He has a big heart … just misled.

# You can't fix love with duct tape, Red

**Guide to women.**
Red Green is back and ready to offer his wisdom on love and relationships in a book

Red Green's Beginner's Guide to Women (For Men Who Don't Read Instructions), includes chapters like Men are from Mars, Women are from Men, Groom for Improvement and Is it Love or Just Gas? THE CANADIAN PRESS

For years, nay, centuries, man has struggled with one central question: What does it take to make a woman happy?

Thankfully, a wise man has boldly stepped forward with the answer: Red Green.

Yes, that Red Green. The guy with the checkered shirt, fishing hat and suspenders. The genius who uses duct tape to fix everything. Red Green is back from Possum Lodge, Chapter 11, and once again he has all the answers.

You'll find them in his new book: Red Green's Beginner's Guide to Women (For Men Who Don't Read Instructions).

Chapters include Men are from Mars, Women are from Men, Groom for Improvement and Is it Love or Just Gas?

The hardcover tome published by Random House arrives in bookstores Tuesday, Sept. 17.

Green, the comical creation of Steve Smith, endeavours to help his brethren through all the tricky stages of male-female relationships. There are tips on everything from finding a mate right up to the all-important "learning to deal with her growing disappointment in you."

Smith, 67, thought he had retired Green in 2006 when The Red Green Show went out of production after 15 seasons — making it, he claims, "the longest-running, live-action scripted comedy in the world." When he decided to write books and perform live comedy shows a few years ago, the longtime resident of Hamilton, Ont., had to retrieve Red's hat from the University of Toronto, where he had donated it to the library archives.

Now he's back in cap and suspenders for another Red Green How to Do Everything tour. The live 29-city showcase opens Friday and Saturday in St. Catharines, Ont., with all proceeds from those two shows going to Ronald McDonald House. Other stops include Surrey, B.C. (Thursday, Sept. 19), Casino Rama in Ontario (Oct. 26) and Fredericton, N.B. (Nov. 1). A full list can be found at redgreen.com.

Smith will tour U.S. cities in the spring. In the summer of 2012 he performed in Fairbanks, Alaska, where he judged the 16th annual Red Green River Regatta. Contestants float down a river, says Smith, "and the only rule is you've got to use at least one roll of duct tape and whatever you're in can't be a boat."

Smith watched people paddle by in refrigerators and other homemade contraptions; the locals pelt them with water balloons from the shore.

There'll be no water balloon tossing at the live shows. While some might quibble with Green's credentials as a relationship expert, Smith has earned the right to hand out marriage advice. His union with wife Morag will have lasted 47 years come this Remembrance Day.

"I got a deal on the flowers," says Smith.

The two met in high school and their first date was on Morag's 16th birthday. They worked together for many years, singing and performing sketches on their Smith & Smith variety show in the late 1970s and early '80s on Hamilton's CHCH.

Speaking from experience, Smith doesn't completely agree with the adage, "A happy wife equals a happy life."

"I don't think that's the wheelhouse," says Smith. "I think the wheelhouse is actually being concerned about whether or not she's happy. Making her happy is probably unattainable."

It's more about effort than accomplishments, he says. "If you care about what women want, that's what women want."

The book has a photo of Green on the cover, walking into his house with a vacuum cleaner with the tag, "Happy Anniversary."

"I've done something like that," Smith admits.

THE CANADIAN PRESS

**Gift giving**

**So what's the dumbest thing Steve Smith a.k.a. Red Green has ever given his wife in their 47 years together?**

- **Mukluks.** They weren't high-fashion mukluks either. "These were entry level. To me, heels are dangerous."

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# Myles knows that he has miles to go

**Long road to success.** East coast singer-songwriter is having the best year of his career, but he's set his sights on even more

David Myles has soared to fame on the strength of the Juno-award-winning hit Inner Ninja. His cross-Canada tour begins Wednesday in Winnipeg.
THE CANADIAN PRESS

David Myles looks long.

That's not just a physical assessment of the tall, gangly 32-year-old singer-songwriter, who cuts an atypical figure for someone who has won one of Canada's top hip-hop music honours. He wears thick-rimmed glasses, hails from New Brunswick with a home base in Halifax and, on this balmy day, he's just completed an intimate set in Toronto for the lunchtime Bay Street crowd wearing a large-brimmed sun hat and white linen suit.

It's also a reflection of Myles's approach to his music career. It's been a wild year that he described as "the best of my career," spurred on by the massive success of Inner Ninja, the earnest rap tune with Halifax MC Classified (the alias of Enfield, N.S.'s Luke Boyd) that has soared to the top of Canadian charts and last year won the Juno for rap recording of the year.

But he's taking it all in stride. "It's been the coolest thing. It really, really has," said Myles. "But I'm not a superstar by any stretch. I'm out there on the road — and everybody is. You play shows, a certain number of people say, 'I love this,' they get the CD: that's how you build your career. There are breaks or whatever, but ultimately day by day, it's incremental building.

"It takes years, man, it takes years. And if you think it doesn't, then I think you're probably in the wrong game."

To those who have tracked Myles's career, this move from singer-songwriter roots crooner to hip-hop might not be that surprising for the musical chameleon. He says he's been a longtime rap fan — particularly of Canadian pioneer Maestro Fresh Wes — and has always been influenced by other genres.

In the same breath, he names Willie Nelson, David Byrne and Sam Cooke among his inspirations; he's collaborated in the past with opera soprano Measha Brueggergosman and bossa nova singer Bia. He says, with a laugh, that his next album might take its cues from country legend Merle Haggard.

"I like the idea of having a really varied career, and I hope I have a long career that's really diverse," he said.

Nevertheless, this recent dip into the hip-hop waters did provide for some new challenges. Myles says he learned music in the "traditional" way — practising scales, learning chords, playing in the school band, training with the Royal Conservatory of Music — which evolved into songwriting. The odd-couple partnership with Boyd, which began five years ago after the two Maritimers met at a music conference, has provided new insights into an unfamiliar frontier, where chords and melodies play second fiddle to drumbeats and samples.

"I've learned more in the last year than I have since I started playing music when I was eight," says Myles.

THE CANADIAN PRESS

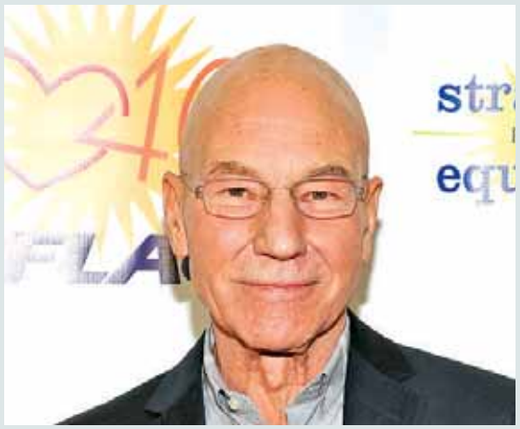
**Hali-facts**

Halifax is the shared home of David Myles and Classified. The city was once hailed as a "new Seattle" for indie rock — promoting that collaborative spirit. The city has produced a wide range of talents, from folkster Joel Plaskett to indie songbird Jenn Grant to oddball rapper Buck 65, many of whom have partnered up and swapped genres like clothes. "You're in it together. You're an outpost, to a certain extent. That's why St. John's is great, Winnipeg is great. There's a certain amount of isolation there, and you've got to hone your skills before you head out into the wider world," Myles says.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**



## *McKellan plays priest as Stewart has fun getting hitched*

PAT HEALY
Metro World News in Boston

Patrick Stewart is off the market. The former Star Trek captain married Sunny Ozell this weekend, with good friend Ian McKellan officiating the wedding. Always a fan of frivolous fun, the X-Men star announced his marriage by posting a photo to Twitter of himself and Ozell buried neck-deep in a ball pit with the caption, "Yes, married." McKellan also took to Twitter to announce the event, posting a photo of himself with his Doctor of Divinity certificate and a T-shirt with the word "minister" emblazoned on it. "I did my part," he wrote.

Christina Aguilera. ALL PHOTOS GETTY IMAGES

## Motherhood puts Aguilera back in good shape

Christina Aguilera has wowed onlookers by getting back into fantastic shape recently, but she insists regular trips to the gym have not been part of the equation. "If I can squeeze in a workout, great. If not, that's OK, too," she tells Maxim magazine. Her secret? Trying to keep up with five-year-old son Max. "Running around with him all day is pretty good exercise," she insists.

## Robin Quivers reveals battle with cancer

Robin Quivers revealed yesterday on Howard Stern's Sirius XM radio show that she has been fighting bladder cancer for the past year. Quivers, who left the show last year for a then-undisclosed reason, revealed that the cancer had been discovered in the endometrial tissue in her uterus. Thanks to serious treatment, including surgery, chemo and radiation, the cancer is now in remission. "It was so huge that it was lying on all the organs in my pelvis, and they literally had to scrape it off," Quivers recounted about the tumour. "They couldn't even figure out how to operate at one point because it was so massive." Stern said that if it wasn't such a happy outcome, he would have ended the show. "I'll f—ing kill you if you have cancer. I'm not doing the show without you. ... I'm quitting if you're not doing the show," he joked/threatened when Quivers initially left the show for a "procedure."

Robin Quivers

"This book is the ultimate baby shower gift."
*Paid PR Person*

"Buy multiple copies!"
*Authors*

"Eye-opening. I just bought 87 boxes of condoms."
*Single Dude*

LYRANDA MARTIN EVANS AND FIONA STEVENSON

REASONS MOMMY DRINKS

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LIFE 3

# Is there a 'bigorexic' man skulking around your gym?

**Fitness.** Even without the drug abuse attached to excessive bodybuilding, there can be some serious dangers

LINDA CLARKE
Metro World News

When is big too big, or even dangerously big? That's the question some health experts are asking about excessive bodybuilding. Nicknamed bigorexia, obsessive muscle mass bulking can damage mental and physical well being, especially when it involves dangerous drug use.

"Bigorexia is the term we're using for men who are using substances like anabolic steroids and testosterone to get bigger and bigger," says Dr. Damon Raskin, a board-certified internist with a specialty in men's health. "The danger with taking supplemental testosterone is that it shuts off the body's ability to make it. Depression is a common side effect; it can damage the liver too, as can anabolic steroids."

Similar to anorexia, bigorexia often affects teens who are prone to insecurity or unsure of their physical identity.

"They see these athletes and hear about them using enhancement drugs, and they think it's OK," says Raskin, who says the issue is "becoming a big problem."

He says efforts to educate people about the disorder need to start in schools, and early. And a healthy home life helps too.

"The person who is susceptible is someone who perhaps has a stressful home environment, low self-esteem, or been rejected by a girl or boy."

Warning signs that parents and friends can watch out for include increased aggression and overdoing it on diet and exercise.

"If you see rapid physical changes and someone develops massive biceps in four to six weeks, that's not normal," says Dr. Raskin.

As with any drug dependency and psychological disorder, it's important to seek professional help.

"It's necessary to get psychotherapy to find the underlying problems and treat them," Raskin advises. "Then, we work to balance out hormones. Over time, taking these drugs can cause lasting physical damage, but if caught early enough an endocrinologist can usually reverse any problems."

**Supplements**

**No drugs, no problem?**

- **Not true.** Even bigorexics who don't use drugs to help build muscle mass are prone to health problems from excessive exercise and eating too many high-protein foods, like meat, eggs and supplements.

Working out is OK, just don't get obsessive about it. ISTOCK

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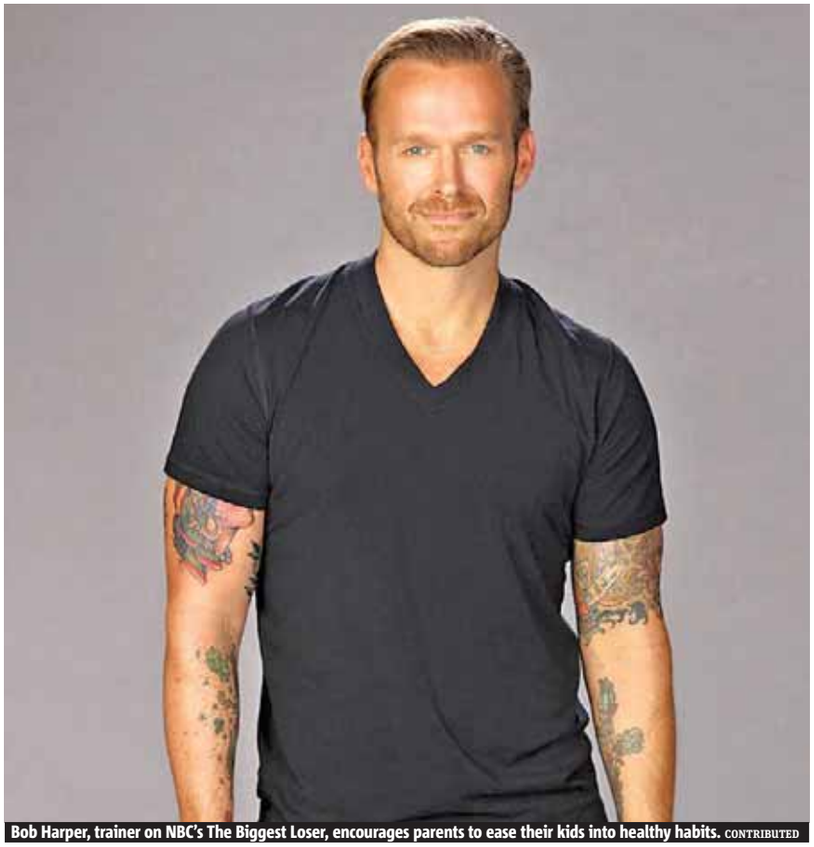

Bob Harper, trainer on NBC's The Biggest Loser, encourages parents to ease their kids into healthy habits. CONTRIBUTED

# Make sure your kid isn't the Biggest Loser

**Health education.** Bob Harper, trainer on the weight-loss show, tells Metro how to get your children thinking and acting healthy

MEREDITH ENGEL
Metro World News

Our children "are sponges," says Bob Harper, trainer on NBC's The Biggest Loser, in that they absorb the behaviours they witness in their parents.

Make sure you're sending out the right signals when it comes to your child's health with these tips from Harper, which he provided at Saturday's U.S. Open.

**Set the example**

"You can't just tell your kids to go out and play when you've come home from a long day (and sit in front of the TV). I get it. We are all busy, but if you have children you have a responsibility to those children and their future. I think that the only way that real change can happen is when parents get involved," he says.

**Food for thought**

**One more tip**

- **Don't rely on fast food.** "You have to get more involved with what our kids are eating so they're not so enticed by that fast food nation that does have billions of dollars to spend in markets to attract our kids: Come to our restaurants and get these toys and play on these playgrounds while still eating this crap for food."

**Encourage play**

"My mission is to get (kids) playing whatever sport they want to be playing," he says. "The last thing I would want to see is a child in a gym on a treadmill or something like that. … If you're the active parent and you've found something that really works for you, it might not work for your children. Find something that they like to do — that is going to get them active and that's what will keep them going and want to do it more."

**Don't keep score**

"I don't really like to introduce the competitive element in any kind of sport activity with kids in the beginning," he says. Instead, make the games just about fun. "I think it sets a better tone in the beginning of that camaraderie, that love of whatever sport it is. Hopefully it's going to ignite something in them. Bring in the competition later."

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Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
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# TALKING ABOUT SEX

PRESSMASTER/COLOURBOX

University and college students are heading back to class, but they will also be making tracks to local pubs, residence parties, as well as sorority/fraternity events and the like.

The typical socializing and drinking that often come with these fun events also bring up the matter of sexual health. Or, rather, the lack of attention to sexual health.

After all, who is going to talk condoms and STIs (sexually transmitted infections) when young people are just getting to know each other? Most have no idea of where to start.

"The conversation isn't about how to use a condom, it's communicating about condoms, period," says Brian Parker, sex educator with Options Sexual Health Association in Edmonton. "Knowing how to talk about it, how to negotiate a conversation, is key."

Teaching sex education to junior and senior high students, Parker says teens show a great level of comfort talking about issues like pregnancy, abstinence, masturbation, etc. And thanks to 24/7 access to information and misinformation online, young people are armed with plenty of details, but not necessarily the facts. Most don't realize, for example, that syphilis has been on the rebound since 2006, and that a new antibiotic-resistant gonorrhea is just reaching North America from Eastern points.

"Kids need to hear medically-correct information, but also that not all young people have sex, and that's cool, too," Parker says. "It's all about that open conversation."

At Ottawa's Sexual Health Centre, nurses talk to clients not only about safe sex and negotiating the use of condoms, but also about sexual readiness and abstinence, especially at school-based satellite offices.

"It's important to emphasize that if you can't talk about it, you shouldn't do it," said Pam Oickle, manager of the Ottawa Public Health healthy sexuality and risk reduction unit. "And practising safe sex means talking with your partner. The numbers for chlamydia and gonorrhea remain high in the 15-24 age group, but numbers for those being tested drops at times. Whenever there is a community event, like the Pride parade, response goes up again. Awareness, education and dialogue is key."

*– Lucy Haines*

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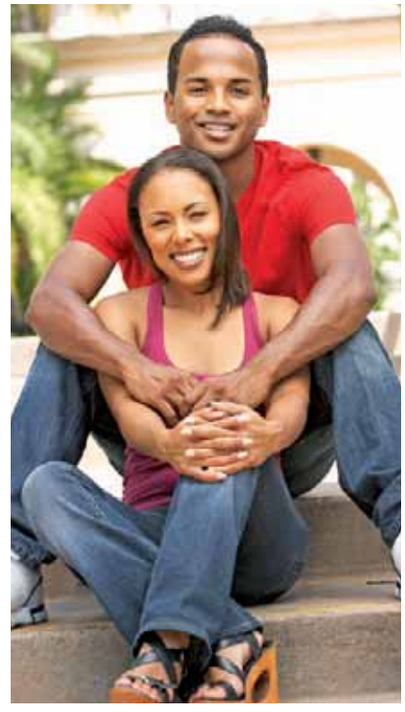
# SPOTLIGHT ON SEXUAL HEALTH

Universities and colleges should probably offer a course called condom awareness, aimed at students in this key demographic for STIs (sexually transmitted infections) and unplanned pregnancies.

Statistics bear out these concerns — in Canada, some of the highest rates and increases in STIs are in young people aged 15-24. Health Canada data shows that fewer than half of women report using condoms as a primary form of contraception, and young males (15-24) were less likely to report using a contraceptive at all.

"There is a condom fatigue," says Brian Parker, a sex educator with Options Sexual Health Association in Edmonton. "Young people have an 'it won't happen to me' attitude. They think of HIV/AIDS as a chronic illness now, not as a death sentence. And STIs often have no symptoms at all, so the issue isn't top of mind."

The Canadian Federation of Students (CFS) works with post-secondary student unions around the country to put a spotlight on sexual health. Besides the long-running "no means no" campaign, the CFU also helps provide campuses with low or no-cost safe sex materials.



"We want to continue the discussion about healthier relationships and safer sex," says CFU national deputy chairperson Vanessa Hunt.

*– Lucy Haines*

# Soup season is around the corner: Veg & Bean Minestrone

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This is a great vegetarian soup with loads of nutrients.

If you want this to be a complete meal, add six ounces of diced cooked chicken, beef, pork or seafood. You can also substitute the pasta for 1/4 cup rice or quinoa but allow to cook for another 10 to 15 minutes.

**1.** In nonstick saucepan, heat oil; sauté garlic, onion, carrot and celery until softened, approximately 5 minutes.

**2.** Add stock, potatoes, broccoli, tomatoes, chickpeas, bay leaves, basil and oregano; cover and simmer for 40 minutes or until vegetables are tender, stirring. Remove bay leaves. Season with pepper to taste.

**3.** Add pasta; cook 10 minutes, stirring often, or until spaghetti is firm to the bite. Garnish each bowl with cheese. ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

**Ingredients**

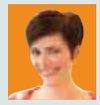
- 1 tbsp vegetable oil
- 1 tsp crushed garlic
- 1 1/2 cups chopped onion
- 1 medium carrot, finely 1 chopped
- 1 small celery stalk, finely 1 chopped
- 4 1/2 cups beef stock
- 1 1/2 cups finely chopped peeled potatoes
- 1 1/2 cups chopped broccoli
- 1 can (19 oz) tomatoes, crushed
- 3/4 cup canned, drained and rinsed chickpeas
- 2 bay leaves
- 1 1/2 tsp each dried basil and oregano
- Pepper
- 1/3 cup broken spaghetti

**Garnish**

- 3 tbsp grated Parmesan

**Health Solutions**

## *If it looks like a duck...*



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Don't just stand there! Duck! It is the new white meat and according to Grey County duck farmer Justus Martin (ovenreadyducks.com), the demand is growing.

Here's why: Canada celebrates ethnic diversity that brings with it a yearning for other proteins and duck fits the bill. In addition, as with most lasting trends, it all starts with the high-end restaurants looking to offer a new experience to their demanding clientele.

Duck has more flavour than chicken but is still considered "white meat" and, Muscovy duck is as lean as chicken but it brings a richer flavour. It is an absolute myth that it takes anything more to cook a duck than it does to cook a chicken.

Cooking tips:

- Best on a spit with a simple rub of olive oil and spice.
- Roasts well in the oven just like chicken 350 for 3.5 hours.
- Breasts and drumsticks work well on the barbecue.
- Fall and winter weather just scream for a duck confit which is a hearty fix it and forget it, one pot meal.
- Serve duck with heartier foods with distinct flavours like: cranberries, sage, saffron, orange or onions.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

# Reasons Mommy Drinks: Because you hit her with a block and she can't swear

RICHARD CROUSE
Metro World News

Reasons Mommy Drinks, the new book by Lyranda Martin Evans and Fiona Stevenson could have been subtitled What to Expect After You've Been Expecting.

"We really felt like this was the ultimate baby shower gift," said Martin Evans, a five foot seven inch blond with a keen wit and infectious laugh. "Both of us got a lot of doom and gloom books, so when we were writing we thought we wanted to do a baby shower gift book you can read and actually laugh with."

The book is a mom's eye view to surviving the first 18 months of parenting written chronologically from the baby shower to when the little ones are finally starting to walk and talk.

The book is part advice, part bartender's guide that offers up a coping mechanism that comes with a twist — a lemon twist.

Each of the parenting challenges — dealing with nap time, in-laws or the first haircut — is paired with mock or cocktail. The daycare chapter, for instance, is matched with the Day Care Defense, a fruity rum drink they say will "numb your guilt, kill germs and boost your immune system."

Martin Evans and Stevenson met in high school and bonded over a love of writing and performing comedy.

"In the 10th grade, we co-wrote and performed our first standup comedy show — a Full House/Beverly Hills 90210 mash-up — and, in doing so, discovered we had amazing creative chemistry, and a similar comedic voice," says Stevenson, a bright-eyed brunette with a ballerina build and an infectious smile.

Those shared interests fuelled their friendship through university.

"After graduating from Queen's and embarking on full-time careers in marketing and advertising, we looked for new ways to join forces creatively. We did the Second City conservatory program together, co-produced sold-out musical variety shows for charity and founded a sketch comedy troupe called Math is Hard."

Fiona Stevenson, left, and Lyranda Martin Evans, authors of Reasons Mommy Drinks. GUSTAVO GONZALEZ

Two years ago when the friends found themselves pregnant at the same time, Martin Evans says they looked for a way to use their "creative writing skills and do something we enjoy." After some thought they gave birth to reasonsmommydrinks.com.

"Like all working moms, we are time starved and want to maximize our time with our families," Stevenson says. "Our long history of creative collaboration and shared work ethic makes us an incredibly productive team. It's amazing what we can accomplish in a two-hour power writing session during nap time.

"We wanted to give a voice to the new generation of moms — accomplished, ambitious women who, as they transition to their new role as parents, want to do the absolute best for their new baby in every possible way, without completely losing themselves in the process. To a time-starved, sleep-deprived new mom, it can feel like an impossible task at times, and we discovered there's a lot of comedic gold in that daily struggle."

The blog was an instant hit. "Parents immediately got the joke behind the title," says Stevenson. Voted best blog from Toronto Mom Now, it inspired them to think beyond the internet.

"The book is about the first year-and-a-half, which I found really hard," Martin Evans says. "I did not have the kid who went to sleep. You see those mothers who have that perfect kid who sleeps all the time, wakes up happy. I didn't have that kid. Neither did Fiona. We had high maintenance kids.

"But all the things that, at the time were frustrating are now really funny. Tragedy plus time equals comedy."

Martin Evans says the tone of the book is tongue-in-cheek, but she hopes parents — or even single people, who she says can, "use it as a birth control reminder" — will read the book and realize that they are not alone.

"I think different women will take away different things from the book," Martin Evans says. "The overarching theme, the best thing you can take away from it is, we're all in this together and it is so worth it. The very last drink in the book is the Kool Aid. It's like, drink the Kool Aid. It's worth it."

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Everest's teaching style is professional, respectful and inspiring. The school's goal is to develop well-rounded massage professionals with exemplary skills, unsurpassed knowledge and commitment to excellence.

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After graduation, Everest provides a comprehensive and supportive employment assistance program to all of its graduates. This program is led by a dedicated career services team on-site at every campus. The student connection with the career services team begins on Day 1 and continues throughout the student's program.

Everest Career Services offers a variety of career and employment strategy workshops, each specifically designed to help the student succeed. Each student will learn how to successfully compete in today's job market — identifying their strengths, competencies and accomplishments through a series of fun and engaging workshops, networking events, career fairs, as well as a connection to industry leaders.

Everest Career Services maintains a network of employers. The school continually develops relationships with companies that have previously hired its graduates, and Everest continues to add organizations to its portfolio, receiving job postings that are not advertised.

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# AT YOUR FINGERTIPS

## TECHNOLOGY CAN HELP YOU GAIN MORE CONTROL

COLOURBOX

Students heading to post-secondary institutions this fall can expect to use more technology in classrooms, take courses or find resources in online environments, and, generally, have more control over their own education, according to recent studies.

Arts, science and business administration remain the top three choices for high school students enrolling in universities. Yet, some provinces face skills gaps in such sectors as professional, scientific, technical, and financial industries, according to a Conference Board of Canada report.

Having a university degree can lead to as much as 20 per cent higher wages in some fields. Yet technological and demographic change, as well as a "mismatch" between the labour market and post-secondary education, may mean graduates don't have the skills they need for today's job market.

Business schools often respond quickly to these studies, says Don Cyr, Goodman School of Business dean at Brock University in Ontario.

"I think the trends are often driven by what employers are looking for, and there's always a lag," Cyr says.

One of the major skills required today is big data analysis, Cyr says, as well as the traditional demand for accounting, financing, and marketing specialists. Critical thinking, global awareness, and similar broad themes are in high demand, as well as strong oral and written communication, collaborative or teamwork skills, and leadership.

*– Marie Powell*

# STAY CURRENT WITH PMI OVOC SYMPOSIUM

The 13th annual National Capital Project Management Symposium promises to be one of the best yet.

The symposium takes place Oct. 2-4 at the Ottawa Conference and Event Centre at the Hampton Inn Hotel. Organized by the Project Management Institute, Ottawa Valley Outaouais Chapter (PMI OVOC), the symposium will welcome an anticipated 400 attendees for three days of personal and professional development, interactive sessions, door prizes, networking opportunities and the chance for PMPs to claim up to 20 PDUs (professional development units).

Keynote speakers will include motivational humorist Michael Kerr, and senior public finance executive Doug Lloyd, PMP.

With a strong focus on finding high quality and sought after speakers, the goal of the symposium and workshops is to provide value for time and money spent. This event is a great opportunity to learn from inspiring speakers, share knowledge with fellow practitioners, and grow as a project manager and leader. Half-day workshops include facilitative leadership led by Brin Sharp, and a personal impact workshop conducted by Sherry Evans.

Symposium participants will learn about new concepts introduced in the recently released project management book of knowledge — PMBOK5. From scheduling techniques and tips to risk mitigation strategies, this conference is a professional must attend event for many in project management community.

PMI OVOC has been promoting project management professionalism, training, educating, and networking opportunities in the Ottawa-Outaouais area since 1985. You don't have to be a member to attend the symposium.

To learn more, visit pmiovoc.org or emailsymposium@pmiovoc.org.

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Cash should play an important role in your financial plan. ISTOCK

# Put your money where the cash is

YOUR MONEY
Alison Griffiths
money@metronews.ca

I've previously written that the key to successful saving and investing was having a balance between equities (stocks), bonds and cash.

Several readers questioned the need for cash in a portfolio. Yes, interest rates are paltry, and likely to continue for some time, but during stock market turbulence any kind of positive return can be a lifesaver.

Cash plays four important roles in a financial plan.

**1. Cash provides ballast**

That's how my old friend Eric Kirzner professor of finance at the Rotman School of Business refers to the role of cash for investors. When the market takes a dive, this stolid holding is still there providing a return.

In fact, there have been many times over the past 20 years when cash has performed better than equities. We all remember the stock market carnage of 2008 and 2009 — cash was king during those years. It was also the winning investment in 1981, 1987, 1990, 2001 and 2002.

**2. Cash equals opportunity**

Those with cash can swoop in and buy when the stock market swoons. Too often investors flee for the sidelines after a market crash. But the savvy folk use cash to buy good quality stocks at a bargain. Don't we all wish we'd done that in 2008 and 2009?

**3. Cash is a rebalancing tool**

Top money managers tell me that up to 60 per cent of the profit they generate comes from the process of returning a portfolio to its original allocation of equities, bonds and cash. Having cash allows investors to tweak their portfolios and put more money into asset classes that are sagging.

This vital housekeeping discipline keeps a portfolio healthy, but without cash investors are forced to sell bonds or equities in order to rebalance.

**4. Cash is an emergency saviour**

When the car is kaput or the roof leaks, cash will bail you out. Emergency cash should be kept in a savings or Tax Free Savings Account for ready access. It's far better to have cash sitting there earning one per cent than be forced to pay four to 29 per cent on lines of credit or credit cards. It isn't sexy but cash is absolutely the most useful saving and investing tool.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

# World is at your fingertips, so why buy local?

**Local biz.** Because shopping in your neighbourhood is about more than just the economy

It's a well-known fact that technology has changed the way consumers shop. The world is at their fingertips as they browse the Internet for their latest purchase.

The planet has become one big outlet where people can buy practically anything from another continent as easily as going to their corner store.

"Through the ease of online purchases, people can forget that their choices directly influence our local neighbourhoods," said François Ramsay, Senior vice-president of Corporate Affairs for Yellow Pages Group, a company offering digital marketing solutions for small businesses in Canada.

"Choosing to spend your hard-earned dollars in a local business directly benefits the local economy and helps small businesses thrive, leading to sustainable and dynamic communities."

Consumer experience and satisfaction is another reason why people should think about buying locally.

Small establishments often offer exceptional customer service thanks to personalized one-on-one attention. They often have unique and original product selections and are located close to homes and work sites. Relationships are built between customers, local business owners and staff, making shopping an enjoyable and memorable event.

Since local business owners often reside in the same neighbourhood, they also prioritize community causes and invest personally in the area's welfare and future.

Finding local goods and services nearby is simple thanks to a variety of local search solutions such as the Yellow Pages mobile app.

Make a local purchase today and support Canadian small business owners. Put your neighbourhood first.

NEWS CANADA

You don't get this kind of smiley interaction when you shop online. NEWS CANADA

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NHL

## Flames' Kipper calls it a career

Calgary Flames goaltender Miikka Kiprusoff announced his retirement Monday.

The 36-year-old spent the last nine seasons with the Flames, including the club's memorable run to the 2004 Stanley Cup final.

Kiprusoff holds team records for wins (305), games played (576) and shutouts (41). THE CANADIAN PRESS

Lance Armstrong

## IOC wants bronze medal returned

The IOC wants Lance Armstrong to hand back his Olympic medal.

IOC vice-president Thomas Bach says Armstrong and the U.S. Olympic Committee had been asked to return the bronze medal that the American won at the 2000 Olympics in Sydney.

Armstrong was stripped of his seven Tour de France titles and banned for life from elite sports. The IOC also stripped him of his bronze medal.

THE ASSOCIATED PRESS

NFL

## Fan dead after fall from overpass

NFL opening day excitement was tarnished with the death of one fan who fell from a pedestrian overpass outside the big game in San Francisco, and injuries to two others from falls inside the Indianapolis stadium.

Early indications suggest 32-year-old Kevin Hayes of Hayward fell accidentally, San Francisco Police Chief Greg Suhr said.

THE ASSOCIATED PRESS

# Spezza willing to succeed Alfredsson

Jason Spezza doesn't believe he would have to change much if he were to be named the Senators' new captain. GETTY IMAGES FILE

**From A to C?** No. 1 centre says he'd be a natural replacement as the Sens' captain

As surprised as he was by Daniel Alfredsson leaving the Ottawa Senators, Jason Spezza talked with the former captain enough to not be shocked.

"I could understand some of his reasoning and wish him the best," Spezza said.

But understanding is different than figuring out how to replace what Alfredsson brought the Senators, most notably the unquestioned leadership that came from his 17 seasons in Ottawa. Spezza would welcome the captaincy in Alfredsson's absence, and the 30-year-old centre doesn't believe he has to alter much in order to assume that responsibility.

"I think for me, leadership's something that comes naturally," Spezza said at last week's NHL player media tour in Newark, N.J. "I think I've had a big say in what's gone on in our room over the last few years, so it won't change much in how I approach the team.

"Obviously it'd be a huge honour. But to this point we've had a great group and we have some guys that have been there for a long time and we've always kind of led as a group, even with Alfie there. So I imagine it would be the same way with whoever's wearing the C."

Spezza has played 611 games for the Senators dating to 2002-03, a tenure only surpassed by 1996 No. 1 pick Chris Phillips (1,073 games dating to 1997-98) and Chris Neil (779 games dating to 2001-02). Phillips' long-standing presence on defence makes him the other reasonable choice to succeed Alfredsson as captain.

But Spezza, given his star power and how much he wants to lead in the post-Alfredsson era, seems to be the natural fit.

"I think there's a lot of leaders in Ottawa," centre Jean-Gabriel Pageau said Saturday during a rookie tournament in London. "Spezza being there for a couple of years now, I think he has good potential to be a good leader. He's real nice with everyone, and every time he's on the ice he gives everything he has."

THE CANADIAN PRESS

Senators extend Greening

**The Ottawa Senators signed left-winger Colin Greening to a three-year contract extension on Monday.**

- The 27-year-old native of St. John's, N.L., was set to become an unrestricted free agent following the 2013-14 season.
- Greening will make $2 million in 2014-15, $2.75 million in 2015-16 and $3.2 million in 2016-17.
- The six-foot-two, 217-pound Greening has 31 goals and 38 assists in 153 career NHL games.

THE CANADIAN PRESS

# Nadal outshines Djokovic for 13th major title

Rafael Nadal beat Novak Djokovic in the U.S. Open final on Monday. MATTHEW STOCKMAN/GETTY IMAGES

Hard to believe this is the same Rafael Nadal who was at home during the U.S. Open a year ago, nursing a bad left knee.

Hard to believe this is the guy sent packing in the first round of Wimbledon in June, losing against someone ranked 135th.

Looking fit as can be, and tough as — maybe even better than — ever, the No. 2-ranked Nadal pulled away from No. 1 Novak Djokovic 6-2, 3-6, 6-4, 6-1 on Monday in a taut, tense U.S. Open final for his 13th Grand Slam title.

They started in sunlight and finished at nighttime, a three-hour, 21-minute miniseries full of cliffhangers and plot twists and a pair of protagonists who inspired standing ovations in the middle of games.

There was no quit in either of them, during points that lasted 15, 25, even more than 50 strokes.

This was their 37th match against each other, the most between any two men in the Open era, and third head-to-head U.S. Open final in the last four years. Nadal beat Djokovic for the 2010 title, and Djokovic won their rematch in 2011. They know each other's games so well, and play such similar hustle-to-every-ball styles, but in the end, it was Nadal who was superior.

Barely.

He improved to 22-0 on hard courts and 60-3 overall in 2013 with nine titles, including at the French Open, which made him the first man with at least one Grand Slam trophy in nine consecutive seasons. The 27-year-old Spaniard's total of 13 major championships ranks third in the history of men's tennis, behind only Roger Federer's 17 and Pete Sampras' 14. THE ASSOCIATED PRESS

4 SPORTS

Sean Payton leaves the field after the Saints' 23-17 win over Atlanta on Sunday in New Orleans. CHRIS GRAYTHEN/GETTY IMAGES

# Saints singing Payton's praises after Week 1

**NFL.** After missing 2012 with bounty ban, head coach pushing players hard in practice

From his bright orange shorts to the smile with which he greeted reporters, Sean Payton looked about as cheerful as a man in a high-pressure job can be on a Monday.

It helps when you win on Sunday, which is exactly what the Saints did in what also marked their head coach's first meaningful game since his one-season bounty ban ended last winter.

Payton downplays his role in whatever success the Saints may have this season, but his players tell a different story.

"It's less about him being on the sideline for the game and more about him being here for an entire off-season and a pre-season," right tackle Zach Strief said, adding that Payton's approach this year has resembled what he did when he first arrived in 2006.

That year, Payton took over a team that had gone 3-13 a year earlier. He wanted to see a significant culture change. One way he did that, Strief said, was by giving players the sense that just about all of their jobs were up for grabs, creating more competition. He also pushed players physically and mentally.

"When you as a player get deep into camp, you get this feeling of: 'It's too much, it's too hard, we went too many days in a row.' And as soon as you felt that way in camp this year, he pushed — harder," Strief said. THE ASSOCIATED PRESS

**Sideline inspiration**

**"He's like a player. He goes into his different zone.... He's intense, very intense, very focused."**

**Saints tight end Ben Watson** on coach Sean Payton's piercing game-day glare.

**Men's soccer**

## New coach lays into Canadian players

In their first training camp under new head coach Benito Floro, the Canadian men's soccer team has been mostly treated to a man with a calm, calculating demeanour.

Until Monday.

A day after playing to a scoreless tie against Mauritania in the first of two friendlies between the countries, Canada was put through a high-intensity scrimmage where special focus was placed on free kicks and corner kicks.

Floro stood in the middle of the action and, clearly displeased at something near the end of the session, lit into his players, at one point slamming a ball he was carrying to prove a point ahead of Tuesday's second match.

"The shouts and the screams are going to be something that we're going to have to get used to," said midfielder Julian de Guzman, who said the dressing down by the new coach reminded him of his four seasons playing with Spanish club Deportivo la Coruna.

"This could change the national team in a huge way, in a positive way, and it's just a matter of getting everybody on the same page because the football that he has to offer is very special." THE CANADIAN PRESS

## MLB

### AMERICAN LEAGUE

| EAST DIVISION | W | L | Pct | GB |
|---|---|---|---|---|
| Boston | 87 | 58 | .600 | — |
| Tampa Bay | 78 | 64 | .549 | 7½ |
| Baltimore | 76 | 66 | .535 | 9½ |
| New York | 76 | 67 | .531 | 10 |
| Toronto | 67 | 76 | .469 | 19 |
| **CENTRAL DIVISION** | | | | |
| Detroit | 82 | 61 | .573 | — |
| Cleveland | 76 | 66 | .535 | 5½ |
| Kansas City | 75 | 68 | .524 | 7 |
| Minnesota | 61 | 80 | .433 | 20 |
| Chicago | 57 | 85 | .401 | 24½ |
| **WEST DIVISION** | | | | |
| Oakland | 83 | 60 | .580 | — |
| Texas | 81 | 61 | .570 | 1½ |
| Los Angeles | 67 | 75 | .472 | 15½ |
| Seattle | 65 | 78 | .455 | 18 |
| Houston | 47 | 96 | .329 | 36 |

**Monday's results**
Kansas City at Cleveland
N.Y. Yankees at Baltimore
L.A. Angels at Minnesota
Pittsburgh at Texas
Detroit at Chicago White Sox
Houston at Seattle
**Sunday's results**
Chicago White Sox 4 Baltimore 2
Kansas City 5 Detroit 2
N.Y. Mets 2 Cleveland 1
N.Y. Yankees 4 Boston 3
Oakland 7 Houston 2
Tampa Bay 4 Seattle 1
Texas 4 L.A. Angels 3
Toronto 2 Minnesota 0
**Tuesday's games — All Times Eastern**
Kansas City (Guthrie 13-10) at Cleveland (McAllister 7-8), 7:05 p.m.
N.Y. Yankees (Nova 8-4) at Baltimore (Gonzalez 9-7), 7:05 p.m.
L.A. Angels (Williams 6-10) at Toronto (Buehrle 11-7), 7:07 p.m.
Boston (Dempster 8-9) at Tampa Bay (Price 8-7), 7:10 p.m.
Pittsburgh (Liriano 15-7) at Texas (Perez 9-3), 8:05 p.m.
Oakland (Parker 11-6) at Minnesota (Hendriks 1-2), 8:10 p.m.
Detroit (Porcello 11-8) at Chicago White Sox (Johnson 0-1), 8:10 p.m.
Houston (Lyles 6-7) at Seattle (Saunders 11-13), 10:10 p.m.

### NATIONAL LEAGUE

| EAST DIVISION | W | L | Pct | GB |
|---|---|---|---|---|
| Atlanta | 85 | 57 | .599 | — |
| Washington | 73 | 69 | .514 | 12 |
| Philadelphia | 66 | 77 | .462 | 19½ |
| New York | 64 | 77 | .454 | 20½ |
| Miami | 53 | 88 | .376 | 31½ |
| **CENTRAL DIVISION** | | | | |
| St. Louis | 83 | 60 | .580 | — |
| Pittsburgh | 81 | 61 | .570 | 1½ |
| Cincinnati | 82 | 62 | .569 | 1½ |
| Milwaukee | 62 | 80 | .437 | 20½ |
| Chicago | 60 | 82 | .423 | 22½ |
| **WEST DIVISION** | | | | |
| Los Angeles | 83 | 59 | .585 | — |
| Arizona | 72 | 70 | .507 | 11 |
| Colorado | 66 | 78 | .458 | 18 |
| San Diego | 65 | 77 | .458 | 18 |
| San Francisco | 64 | 79 | .448 | 19½ |

**Monday's results**
Chicago Cubs at Cincinnati
Atlanta at Miami
Washington at N.Y. Mets
Arizona at L.A. Dodgers
Colorado at San Francisco
**Sunday's results**
Cincinnati 3 L.A. Dodgers 2
Milwaukee 3 Chicago Cubs 1
Philadelphia 3 Atlanta 2
San Diego 5 Colorado 2
San Francisco 3 Arizona 2 (11 innings)
St. Louis 9 Pittsburgh 2
Washington 6 Miami 4
**Tuesday's games — All Times Eastern**
San Diego (Cashner 8-8) at Philadelphia (Cloyd 2-3), 7:05 p.m.
Chicago Cubs (Jackson 7-15) at Cincinnati (Cingrani 7-3), 7:10 p.m.
Atlanta (Teheran 11-7) at Miami (Koehler 3-9), 7:10 p.m.
Washington (Zimmermann 16-8) at N.Y. Mets (Gee 11-9), 7:10 p.m.
Milwaukee (Peralta 9-14) at St. Louis (Miller 12-9), 8:15 p.m.
Arizona (Cahill 6-10) at L.A. Dodgers (Volquez 9-11), 10:10 p.m.
Colorado (De La Rosa 16-6) at San Francisco (Vogelsong 3-5), 10:15 p.m.

## CFL

### WEEK 11

| EAST | GP | W | L | T | PF | PA | Pt |
|---|---|---|---|---|---|---|---|
| Toronto | 10 | 6 | 4 | 0 | 290 | 259 | 12 |
| Hamilton | 10 | 5 | 5 | 0 | 266 | 277 | 10 |
| Montreal | 10 | 4 | 6 | 0 | 245 | 285 | 8 |
| Winnipeg | 10 | 2 | 8 | 0 | 217 | 308 | 4 |
| **WEST** | | | | | | | |
| Saskatchewan | 10 | 8 | 2 | 0 | 325 | 227 | 16 |
| Calgary | 10 | 8 | 2 | 0 | 320 | 246 | 16 |
| B.C. | 10 | 6 | 4 | 0 | 265 | 266 | 12 |
| Edmonton | 10 | 1 | 9 | 0 | 234 | 294 | 2 |

**Sunday's results**
Toronto 37 Montreal 30
Winnipeg 25 Saskatchewan 13
**WEEK 12**
**Friday's game — All Times Eastern**
Hamilton at Calgary, 9 p.m.
**Saturday, Sept. 14**
Winnipeg at Edmonton, 6:30 p.m.
Toronto at Saskatchewan, 9:30 p.m.
**Sunday, Sept. 15 —** Montreal at B.C., 4:30 p.m.

## NFL

### WEEK ONE

**Monday's results**
Philadelphia at Washington
Houston at San Diego
**Sunday's results**
Chicago 24 Cincinnati 21
Dallas 36 N.Y. Giants 31
Detroit 34 Minnesota 24
Indianapolis 21 Oakland 17
Kansas City 28 Jacksonville 2
Miami 23 Cleveland 10
New England 23 Buffalo 21
New Orleans 23 Atlanta 17
N.Y. Jets 18 Tampa Bay 17
San Francisco 34 Green Bay 28
Seattle 12 Carolina 7
St. Louis 27 Arizona 24
Tennessee 16 Pittsburgh 9
**Thursday's result**
Denver 49 Baltimore 27

## MLS

**Sunday's results**
Montreal 4 New England 2
Chivas USA 1 D.C. United 0
New York 4 Houston 1
San Jose 1 Philadelphia 0
**Wednesday's game — All Times Eastern**
Chicago at Toronto, 7:30 p.m.

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## Horoscopes

### ♈ Aries
**March 21 - April 20**
A social invitation will come your way and you should snap it up. Life is too short to waste on things of no importance, including working for other people on projects you have no real attachment to.

### ♉ Taurus
**April 21 - May 21**
Recent struggles may have you down but there are still plenty of reasons to be cheerful. Life is full of joys and wonders — all you have to do is open your eyes and heart.

### ♊ Gemini
**May 22 - June 21**
You may be reluctant to start something new because you sense it is going to be tougher than you expected. You're right, it will. But if you give up now, you will regret it later.

### ♋ Cancer
**June 22 - July 23**
You sometimes find it hard to look on the positive side of life but over the next few days you will discover no end of reasons to smile. Remember: You are not a victim and life is what you choose to make of it.

### ♌ Leo
**July 24 - Aug. 23**
It seems you have an urgent need to feel accepted by people you work with. That could lead to you doing things that are not in your long-term interests. The best way to impress people is to be yourself.

### ♍ Virgo
**Aug. 24 - Sept. 23**
Why are you attaching so much importance to things that are not worth worrying about? You need to snap out of it and get your mind back on track — the one that leads to your dream.

### ♎ Libra
**Sept. 24 - Oct. 23**
What others say can't be done, you will do just for the fun of it. If you focus your energy in one direction, you'll achieve something that amazes.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Don't worry too much if your temper gets the better of you and you snap at someone you love. Your solar chart indicates that by this time tomorrow you will be best buddies again.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Try to focus on an activity that involves you on every level — mental, physical, emotional. If you put everything you've got into what you do today, the results will be spectacular and highly profitable too.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
Anything of a creative nature will go well over the next few days, so give yourself permission to dream and let your inner compass guide you in the right direction.

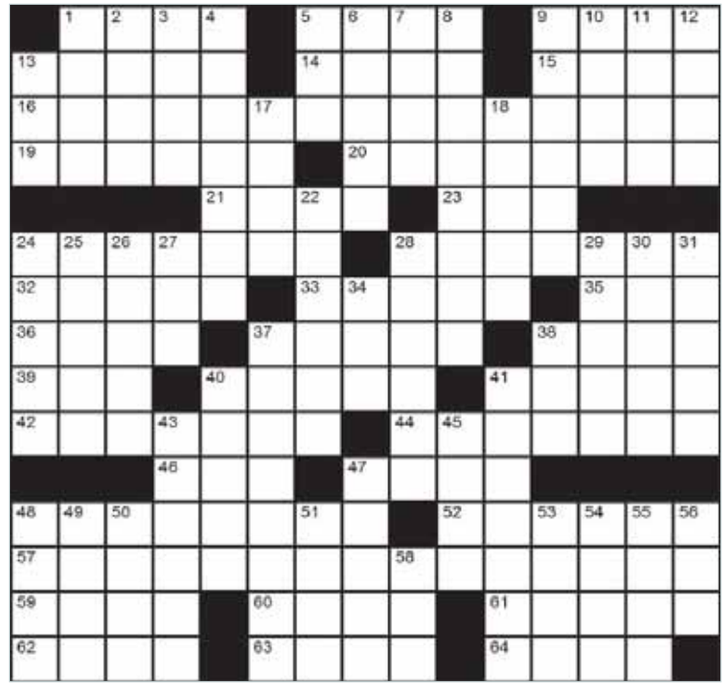
### ♒ Aquarius
**Jan. 21 - Feb. 19**
Force yourself to enjoy what you have to do today, even if it isn't your first choice or your second. It will go better than expected and you can reward yourself by indulging in what you do enjoy this evening.

### ♓ Pisces
**Feb. 20 - March 20**
Go somewhere you have never been before. Do something you have never done before. The planets suggest you can afford to be adventurous. In fact, you will regret it later if you stay too close to home now. SALLY BROMPTON

## Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



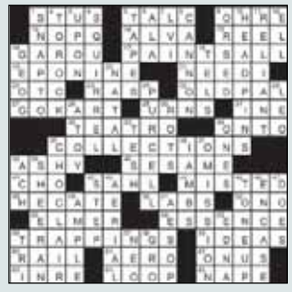
**Across**

1. Etna extraction
5. Outline
9. Be in need of Gold Bond
13. Not-leaving prisoner
14. Berry found in the Amazon Rainforest
15. Intl. alliance created in 1949
16. People on Black-Berrys, for instance: 2 wds.
19. Run off the track
20. Herman __ (Novelist of Moby-Dick; or, The Whale)
21. Certain
23. South: French
24. Coleslaw's content
28. Discharge
32. The Hunter constellation
33. __ Kea (Site of observatories in Hawaii)
35. The Pacific __
36. Prefix meaning 'Self'
37. Teachers of yore
38. Like an owl
39. Some radios, e.g.
40. Fashion mag
41. Cut
42. Cushy barn section
44. Most times
46. Cartoon fight sound effect!
47. "I'm Yours" singer Jason
48. Passage-hindering war tactic
52. Acadian dish of grated potatoes, __ Pie
57. Medieval-inspired futuristic cartoon series of yore in Canada: 3 wds.
59. Entr'__ (Theatrical interlude)
60. Stretched tight
61. Effort to achieve a goal
62. Filmed a movie
63. The Beatles' Pepper, et al.
64. Guesses [abbr.]

**Down**

1. Green hue
2. Way over yonder
3. Waitress on "Alice"
4. Craftsperson
5. "Well, __-di-dah!"
6. Green Day's "When _ __ Around"
7. Pony's pride
8. They measure television viewership
9. Newsmagazine show, "__ Edition"
10. Unit of weight in China
11. Keyboard key
12. Outdoor tap hookup
13. John Lennon's unintended acronym
17. Socket's insertee
18. Droplet-looking throat part
22. Outfit the boat with a new sail-support, say
24. Sports team leader
25. Popular island retreat
26. Itsy-__
27. Scarer's sound!
28. "__ Has It" by Adele
29. Princess in "The Little Mermaid" (1989)
30. __ rug
31. Manicure board
34. Get weapons
37. Canadian brothers band, The __
38. "Huh...?"
40. "Twistin' the Night Away" by Sam __
41. Leonard Cohen song title lady
43. Necklace's storing-little-things piece
45. Wrapped garment
47. "You know you gotta help __ ___..." - The Killers
48. Arm: French
49. __ Ness Monster
50. Eight: Prefix
51. Burden
53. Greek letters
54. Station
55. Promissory notes
56. Mr. Asner's
58. "Holding Out for a Hero" singer ...her initials-sharers

## Yesterday's Crossword



## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | | | 3 | 7 | | | | 1 |
| | 6 | | | | | 8 | 3 | |
| | 8 | | | 1 | 2 | | | 4 |
| | | | | | 6 | | | 8 |
| | | 5 | | | | 4 | | |
| 7 | | | 5 | | | | | |
| 3 | | | 2 | 9 | | | 4 | |
| | 9 | 1 | | | | | 2 | |
| 6 | | | | 5 | 1 | | | 9 |

## Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 6 | 8 | 4 | 7 | 3 | 5 | 2 | 1 |
| 2 | 7 | 4 | 6 | 1 | 5 | 3 | 9 | 8 |
| 3 | 1 | 5 | 2 | 8 | 9 | 4 | 7 | 6 |
| 4 | 3 | 1 | 8 | 9 | 2 | 7 | 6 | 5 |
| 5 | 8 | 9 | 3 | 6 | 7 | 1 | 4 | 2 |
| 6 | 2 | 7 | 1 | 5 | 4 | 9 | 8 | 3 |
| 8 | 9 | 6 | 5 | 4 | 1 | 2 | 3 | 7 |
| 7 | 5 | 2 | 9 | 3 | 8 | 6 | 1 | 4 |
| 1 | 4 | 3 | 7 | 2 | 6 | 8 | 5 | 9 |

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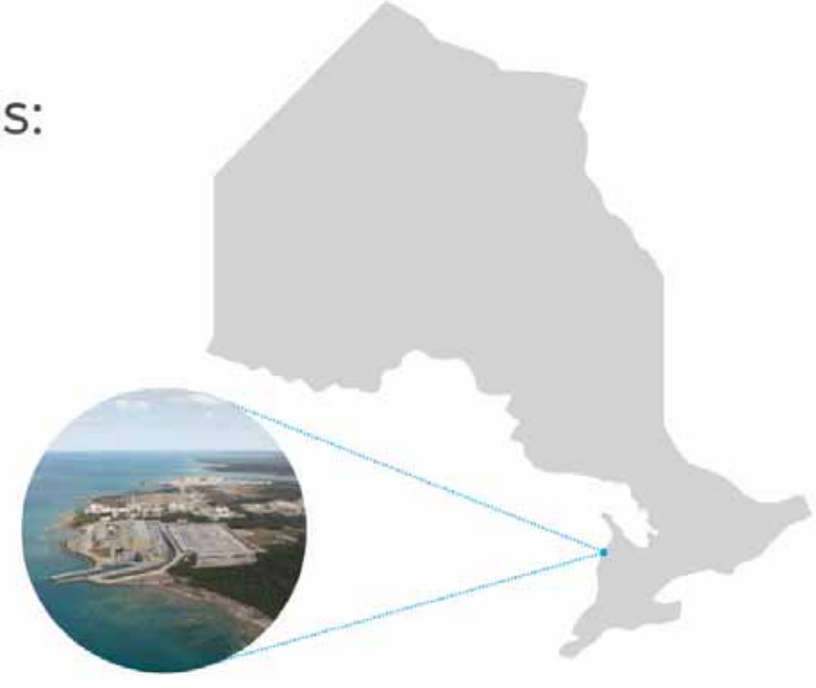

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